



march 10, 2015

hartford street zc news

**Buddha! Hero! Praise be to you!**

You foremost among all beings!
 You who have released me from pain,
 And so many other beings too.
 All suffering has been understood.
 The source of craving has withered.
 Cessation has been touched by me On
 the noble eight-fold path.

I've been mother and son before; And
 father, brother — grandmother too. Not
 understanding what was real, I flowed-on
 without finding [peace].

But now I've seen the Blessed One! This
 is my last compounded form. The on-
 flowing of birth has expired. There's no
 more re-becoming now.

See the gathering of followers: Putting forth effort, self
 controlled, Always with strong resolution —This is how to
 honor the Buddhas!

Surely for the good of so many Did Maya give birth to Gotama,
 Who bursts asunder the mass of pain Of those stricken by
 sickness and death.

Tr. Andrew Olendzki

*Tr. note - The woman who is said to have composed this poem was Pajapati, the Buddha's
 stepmother and a Queen of the Sakyas. Her younger sister was Maya, married to King
 Siddhodana only after Pajapati herself was unable to conceive an heir. Queen Maya died in*

**public schedule****mondays**

*7:00 am zazen

*7:40 am morning chanting service

*last monday of each month, no morning
 schedule

6:00 pm zazen

6:40 pm evening chanting service

tuesdays - fridays

6:00 am zazen

6:40 am kinhin (walking meditation)

6:50 am zazen

7:20 am chanting service

7:40 am soji (brief temple cleaning)

childbirth, and it was Pajapati who raised Gotama as her own son. After his enlightenment, Pajapati also left the palace and became the first of the bhikkhunis, the order of nuns.



hszc's female presence - Jen Birkette & Sheryl Leaf

words from our Abbot: Rev. Myō Lahey

The idea is not to waste time. In addition to practicing as though our hair is on fire we could also be calm. That would be really good... It's important to look at "what practice is like if you don't sit?" And that at some point becomes quite important. Not that we shouldn't sit, but that we shouldn't identify our practices exclusively with sitting. If we do that and if injury or illness intervenes we may find ourselves troubled in spirit.

And also as we have been reminded many times practice is always initiated moment by where we are, exactly where we are, exactly whether on the cushion or on the street, any place. There's a kind of calm that is born of that kind practice although it may not always look like calm and may not look like the calm we were accustomed to or we think we were accustomed to. Zazen as Dogen taught is thought of as the peace and joy dharma gate, but it may not feel that way. We may have to practice for quite some time before we have some inkling what that's about and before we realize that isn't a particular constellation of feelings that one has, which reflect the dharma gate of repose, joy and peace. In other words if we were sitting and we think "well I don't feel all that particularly joyful or peaceful right now so this must be wrong or

6:00 pm zazen
6:40 pm chanting service

thursdays study hour 7:30pm

saturdays

6:30 am zazen
7:10 am chanting service
7:25 am soji
8:30 am drop-in instruction
9:25 am zazen
10:15 am dharma talk
11:00 am refreshments/social*

* if a ceremony applies it will occur before social time

something must be wrong or something, or Dogen must be wrong” this will quickly lead us astray.

If repose and bliss don't look accessible right now, then we should probably practice some more. And the first thing we should do is let that impression or thought, go away. The impression that “this surely isn't the dharma gate this isn't repose and bliss. I'm cranky and ill, this can't be it”. We should not encourage that in ourselves because that is exactly the kind of habit, habit mind that can obscure our actual experience of peace and joy. But most of us are at least a little hard headed and I certainly am, and for those of us who are hard headed the aspect of practice that is sometimes the most powerful is the merciless repetition of the same thing over and over and over again. This tends to frustrate our attempts to make sure our life and our practice has a kind of, if possible, an endless succession of inspiring moments and exciting events. Which we would probably select that, if possible to do so; we would check that box and say “yes, please, I would like that endless succession of exciting moments and memorable events to put in my diary, I would like that please”. But usually that can't be arranged. Sometimes if our life becomes like that it becomes a kind of torture anyway.

You can say that the life of a military demolitions expert is like that, it is a succession of exhilarating moments, assuming they are not fatal and this probably takes quite a toll on people. So instead most of our lives to us looks rather hum drum, nothing much interesting going on. Which of course means that were not paying particularly close attention, so for those of us who habit minds are of that sort there is that gift of repetition which does in fact grind down certain unhelpful habits, it just wears them out and Suzuki Roshi points out that if we don't approach this relentless repetition with a certain sprit it will become a very, very difficult for us.

[hszc dharma talk 02 2010](#)



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Maha Pajapati Gotami requesting for permission from the Buddha to establish the Order of Nuns (Bhikkhuni Sasana).



upcoming events:

dharma talks @10:15am, saturdays

- **Myō Lahey** - mar 14, apr 4, 11, 25
 - **Daiko Tanzen, David Bullock** - mar 28, may 23, jul 25

quest speakers - **Renshin Bunce** - mar 21; **Konin Cardenas** - apr 18; **Fugan, Eugene Bush** - may 9; **Laura Burges** - jun 20; **Anshi Daigi, Zachary Smith** jul 11 & sept 19; **Laura Burges** - oct 17; **Fugan, Eugene Bush** - nov 14; **Ryuei, Michael McCormick** - dec 12

Mahapajapati memorial - **saturday, march 14** around 11am- A celebration of Mahapajapati Gotami, the first woman to be ordained from the Buddha and to join the Sangha. She was the Buddha's maternal aunt and adopted mother after her sister, Queen Maya (**Mahāmāyā**), the Buddha's birth mother, died.

full moon ceremony - **saturday, apr 4** full pink moon from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. other names for this month's celestial body include the Full Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Full Fish Moon, because this was the time that the shad swam upstream to spawn.

Buddha's birthday - saturday, apr 11 born 2500 years ago to King Suddhodana and Queen Maya in the garden of Lumbini which was located in Kapilavastu, a small kingdom in the Himalayan foothills. He was called Siddhartha and later, Shakyamuni Buddha.

It has long been said that at the time of his birth Shakyamuni Buddha said, "Heaven, earth and I are all one person." At each temple throughout Japan, a small pavilion, covering a statue of the baby Buddha pointing one index finger toward heaven and the other toward earth, is set up and decorated with flowers. This stature is bathed with sweet tea and this is the way Flower Festival is observed.

Flower Festival is not held only at temples, however. It is observed as a general, public event especially at kindergartens, where it is often held on a big scale. Let us believe in the true happiness brought about by Shakyamuni Buddha's teaching and celebrate the unsurpassable joy it gives.

study hour - thursdays @7:30pm: the Vimalakīrti Sūtra. we can share books for anyone who wants to join in, or feel free to purchase a copy and join us (many are very low cost online, we focus on [Dr Thurman's version](#)). check our twitter page for any last minute changes in schedule.

closure & schedule changes

no morning (only) zazen & chanting/service on the last monday of every month. please check [our twitter](#) page for last minute changes

practice discussions are available with Rev. Daiko Tanzen, David Bullock. please contact him directly or email: hszc108@yahoo.com to request to schedule time.

go with the vow (part 1 of 2) - An Interview with Shuso Tanzen David Bullock
By the Roving Reporter

"The role of shusho" said David, "is to be a model for the sangha." So it meant following the formal schedule, sitting every period of zazen and

attending every class. It was something I was telling myself to do and it isn't that much different than residing at Hartford Street, just upping the bar. Of course, getting up every morning wasn't always easy, especially when not feeling well, but David was determined to go with his vow. His advice, get up anyway! Sometimes when you're tired, you can have an enlivening zazen. It's good to push your boundaries in practice and see what's coming up for you. Set aside the niggling excuses, the anxiety that occurs when you are wide-awake at 2:30am, and feelings of pain. Explore your feelings/body emotions/thoughts – are they valid? helpful? Phenomena arise and then they fall; every moment is different. In any case, don't think about it; just give it a break. Acknowledge the difficulty [find compassion for yourself] and then, do what's in front of you. Go back to sleep. Get up. Sit zazen. David said, "Overall what came to the forefront for me in this experience was the nature of surrender."

Talking in public, at least for the first few lectures, made him "nervous as a cat" but by the third talk, he was ok. He laughed and said that as long as he had his notes he was ok because otherwise he had a tendency to ramble. This reporter reminded him that in his first lecture, he somehow forgot the last page of his notes but had recovered beautifully. He mentioned specifically his love for Dogen and the Shobogenzo and how he enjoys weaving (David is a quilter) them into this talks.

David recalled that Abbot Myo surprised him once during the angu by asking him to be doshi for morning service, which David had not done before. He gave it a shot and smiled at himself, that it was an opportunity for him to let go of his need for control.

He enjoyed getting to know the sangha members better with the Shuso teas. And he very much enjoyed doing the baking. Some of the sessions were light and lively, others more serious. In each case, a delight.

(see part 2 in the next issue)

HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

thursdays & fridays

10:30am zazen

11:00am garden socializing

meditation in recovery; weekly meditation group for men & women in recovery from addiction
fridays, 7:30pm - 9pm

(women only) meditation in recovery; monthly meditation group for women in recovery from addiction.

**Abbot, hartford street zen center --
- Reverend Myō Lahey ---**



**57 hartford street
san francisco, CA 94114**

first thurs, 7:15pm -8:45pm

please contact us for rental space as well, events, ceremonies performed by a zen priest - weddings, memorials, coming of age & baby naming events.

find other sf bay area lgbtqqi events [here](#) - or - [here](#)
national, worldwide & other holidays [here](#) (*warning* some are pretty silly)

Branching Streams

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